

FINE FOR PASSING SCHOOL BUSES

Just a reminder that there is a fine associated with passing a school bus that has its red lights flashing.

Thank you for helping keep our children and staff safe!



Hilltown Community Happenings

Worthington Friends of the Library annual book sale is [April 25](#). If you are interested in volunteering to help set up or work the day of the sale, please contact the library. Watch the Country Journal (or ask at the library!) for drop off dates and places for books you are donating, or for further information.

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*Old Country Road Vintage Country Music*, Sunday, [April 26](#), 2 pm (Doors open at 1:45 pm) Goshen Town Hall, 42 Main Street, Goshen. This event is free and open to the public! All ages welcome! Refreshments provided by the Goshen COA. The building is handicap accessible with parking across the street.

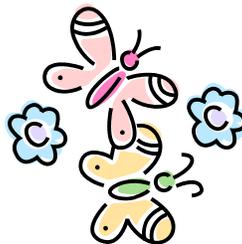
Featuring: Peter "The Professor" McLean – dobro Dan "Flat Pickin" Pilachowski- guitar Mark "Lightning Bolt" Leveille – mandolin and vocals Dave "Mr. Radio" Helman - bass Ron "The Crooner" Jackson - guitar and vocals.

[May 16](#) The Huntington Lions Club Annual Senior Appreciation Luncheon – VFW in Russell – 11:30-1:00 – Turkey, stuffing, mashed potatoes, gravy, carrots, cranberry sauce, bread, dessert and choice of drink. Reservations are a must by calling Worthington coordinator, Sandy Epperly at 238-5584 or Estelle Janisieski at 413-568-5418. **PLEASE ONLY SENIORS 60 YEARS OR OLDER.**

*Save the dates* – Monday, [May 11](#) - Potluck Luncheon with speaker Allan Ouimet, Executive Director of Highland Valley Elder Services

Monday, [June 8](#) – Potluck Luncheon with presenter Mary Koncel, Berkshire Humane Society

Monday, [July 13](#) – Annual Picnic at the Rod and Gun Club



# WORTHINGTON

## COUNCIL ON AGING

### APRIL 2015 Newsletter

If school is cancelled due to weather, there will be no COA functions.

**ALL COA FUNCTIONS ARE FRAGRANCE FREE**

*The mission of the Worthington Council on Aging is to identify needs of those in our community age 60 and over and endeavor to develop programs, services and activities to meet those needs. The COA also has a commitment to educate the community at large to the needs of an aging population.*

**MEALS ON WHEELS** - HIGHLAND VALLEY ELDER SERVICES - Donation requested 800-322-0551 OR 413-586-2000

**\*ELDER ABUSE** - 800-922-2275 OR 413-586-2000 (ELDER ABUSE refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult 60 OR OVER)

**OSTEOPOROSIS EXERCISE CLASS** - Maples I Common Room Monday & Friday 10:30-11:30

**TOWN ADMINISTRATIVE ASSISTANT**, Peggy O'Neal Mon, Tues, Weds 12-7, Thurs 8-3, Fri 8-12

**KNITTING GROUP** - Tuesdays 3-5 - COA Office Questions call Helen Pelletier 238-4418

**COFFEE AND CARING** -1st Thursday of each month - 10:30 - COA Office Questions call Sandy Epperly - 238-5584

This newsletter is partially funded by the Executive Office of Elder Affairs through funding under the Federal Older American Acts, the Town of Worthington, the Rolland Fund and private donations.

**Worthington COA Coordinator** - Sandy Epperly 413-238-5584 - Office 238-5532 - [coa@worthington-ma.us](mailto:coa@worthington-ma.us)

**FOOT NURSE** - Kip Moeller - Last Wednesday- Goshen Town Hall - Appt. necessary - \$30 fee Call Liz 413-268-7122

Diane Roeder - Wednesdays - Chesterfield Community Center (formerly Sr. Center) - Appt. necessary - \$30 fee - 413-374-0457 [toesandsolesrn@gmail.com](mailto:toesandsolesrn@gmail.com)

**HEN COORDINATOR** - Worthington - Helen Pelletier - 238-4418 and/or Amy Phinney - 413-655-0123

**HILLTOWN VAN** - CALL 413-268-7582 NIGHT BEFORE - Small fee ~ **Must have completed "Demand Response Application" from FRTA.**

**CHAIR YOGA** - Chesterfield Community Center -Tuesdays 10AM \$10//mo. or \$3-5 per session for drop-in's.

**HILLTOWN SOCIAL SERVICES** - 413-667-2203.

**GOSHEN FOOD PANTRY** - Wednesday 1-3 open for Worthington (3rd Wednesday 1-6) 413-268-7578.

**VETERAN'S AGENT - TOM GERYK** - 2nd and 4th Tuesday - 10-12 - Worthington COA office - 1-877-821-0128 [tgeryk@northamptonma.gov](mailto:tgeryk@northamptonma.gov)

IF YOU WOULD LIKE THIS NEWSLETTER VIA E-MAIL, PLEASE SEND YOUR REQUEST TO [coa@worthington-ma.us](mailto:coa@worthington-ma.us) WITH "NEWSLETTER" IN THE SUBJECT LINE. PLEASE NOTE YOUR PHYSICAL ADDRESS FOR RECORD KEEPING. THE ADDRESS WILL NOT BE SHARED.

# APRIL MONTHLY POTLUCK LUNCHEON

## MONDAY, APRIL 13, 2015

Held at the Conwell School – Huntington Road

11:45 – BLOOD PRESSURES

12:00 – POTLUCK LUNCHEON

12:35 – ENTERTAINMENT

Oh what a winter we've had! Brings back memories of our childhood days.....This is the first time since I've been coordinator that we have had to cancel our second Monday potlucks two months in a row due to the weather. I'm hoping everyone survived without major issues. NOW, let's hope Mother Nature has good weather on her calling card.....Join us in the school cafeteria for a delicious potluck luncheon. Spring is in the air – the sun is shining (sometimes!) the snow is melting.....come and enjoy your friends and neighbors; it's been too long! Don't be a couch potato.....

We have, again, invited musician *Betty Barbour* to play the Celtic harp. Betty lives in West Worthington with her husband, Dick Benoit. They have provided the music for our Holiday Party (classical guitar and violin) the last several years. Betty was snowed out in January and February, but has graciously agreed to play for us at our March luncheon. I told Betty that if it snowed on April 13 I would rename her "The Snow Queen" – and she reminded me that she has cross country skied in May in Worthington!

Betty studies the Celtic, or lever harp, with Barbara Russell of Shutesbury. She is studying the harp primarily to use in her playing for patients in hospitals and nursing homes. Currently she is playing the violin in that capacity, having gained certification in the Music for Healing and Transition Program.

Betty has degrees from Smith College and the University of Massachusetts. She is retired from General Dynamics, and now enjoys more time for gardening and horseback riding in West Worthington.

~ See you Monday the 13<sup>th</sup> ~

# *~ HAPPY EASTER FROM YOUR COA BOARD -*

*Chair, Camille Smith*

*Co-chair, Laurie McAnulty*

*Secretary, Helen Pelletier*

*Larry Mason, Helyn Myrick, Lorraine Kerley,  
Pat Kennedy*

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*The last bulk mailing of the Worthington COA newsletter was done  
May 2013 – WOW, how time flies. If you would like to add your name  
to the e-mail list, please send your request to*

*[coa@worthington-ma.us](mailto:coa@worthington-ma.us) with the subject “newsletter” –*

*please give your home address for record keeping purposes. The  
addresses are not shared. It is important to the board that all  
Worthington seniors have information available to them regarding our  
functions and other pertinent senior information. If you prefer a hard  
copy, they are available at Corner’s Grocery, the health center,  
library, town hall, church, The Maples or COA office.*

*Donations to the COA are always welcome and very much  
appreciated. Please send your check to COA, PO Box 7, 01098  
made out to Town of Worthington, COA Donation Account. Thank  
you for considering!*